

# Adaptive Sailing: Building a Program



# Presenters

Cristina Rubke, Commodore, Bay Area Association of Disabled Sailors

Maureen McKinnon, Gold Medalist SKUD 18 class, 2008 Paralympic Games

Betsy Alison, US Paralympic Sailing Coach

Joe Harris, Director of Sailing, Judd Goldman Adaptive Sailing Program,  
public/private partner of the Chicago Park District

# Adaptive Sailing.....

Seeing Is Believing



© US Sailing Team Sperry Top-Sider/Photo by: Jen Edney

# Why Adaptive Sailing?

- Creates a POSITIVE DIFFERENCE in many lives
- Increases your Membership and Outreach Base
- Increases Access to Funding Opportunities
- Creates new Partnership and Sponsorship opportunities
- Provides Full Inclusion to your Community
- Improves Community Relations

# Facilities

## Ramps



# Facilities

## Elevators & Lifts



# Facilities

## Docks & Pontoons



# Facilities

## Docks & Pontoons





# Boats: Adaptive Designs

Freedom 20



# Boats: Adaptive Designs

## Hansa Class Dinghies



# Boats: Adaptive Designs

Martin 16



# Boats: Adaptive Designs

## Challenger Trimaran



# Boats: Paralympic Class

Sonar



# Boats: Paralympic Class

SKUD-18



# Boats: Paralympic Class

Norlin Mark III 2.4 mR



# Boats: Typically-used One-Designs

Ideal 18





# Boats: Typically-used One-Designs

Hobie 16 with a Trapseat



# Boats: Typically-used One-Designs

Flying Scott



# Equipment

## Skipper Seats



# Equipment

## Crew Seats



# Equipment

## Servo Devices



# Equipment

For those with Visual Impairments



# Equipment



# Training - Staff & Volunteers

## Various Abilities

- Physical limitations
- Developmental Disabilities
- Visual Impairments
- Hearing Impairments
- Cognitive Disabilities

\*\*Each person will have unique abilities/needs, so please ask. Learn as much as you can prior to going out on the water \*\*



# Training - Staff & Volunteers

## Simply

- Treat everyone the way that you would like to be treated!
- Remember, we “ALL” have different abilities and are unique.
- Ask if a person needs help – and how you might assist?
  - Don't assume – Ask, Listen, and then Act (if needed)

# Training - Staff & Volunteers

## Sailing Adaptations

- Boat/Equipment Adaptations for individual's comfort, safety, and security in the vessel
- Transfer assistance in and out of boat
- Extra padding for body parts with no feeling
- Able Body Assistant onboard/Sighted person
- Be aware of/plan for communication/comprehending issues.

# Training - Staff & Volunteers

## Focus and Awareness

- Focus on Ability and Achievement
- Respect personal space, ask to touch before touching!
- Wheelchairs, prosthetics, canes, etc – need to be treated with care and put out of the sun.

# Recruitment

- Develop an outreach program to include video and a spokesperson (active participating sailor)
- Outreach to:
  - Support groups for people with disabilities (MS, SCI, amputations, etc.)
  - Events, such as fairs and shows that showcase equipment and/or activities specifically for people with disabilities
- Annual Open House/"Come and Try" events
  - Introduces the program to the community.
  - Includes a brief ride/instruction on a sailboat
  - potential participants & volunteers learn what the program has to offer
  - opportunities to meet fellow sailors

# Veterans



# Veterans



# Resources & Funding

- Grants, gifts, sponsors, local clubs, private donations
- Gala Event, with a raffle, silent and/or live auction
- Becoming a public/private partner with a public entity (city, park district, county, state) can reduce major costs regarding dockage, equipment, insurance, supervision, etc.

# US Sailing Resources

US Sailing Adaptive Sailing Webpage– <http://adaptive.ussailing.org>

US Sailing Adaptive Sailing Resource Manual

US Sailing Adaptive Sailing Sanctioning Program

Pioneer Matching Grant Program



# Additional Resources

International Association for Disabled Sailors: [www.sailing.org/ifds.php](http://www.sailing.org/ifds.php)

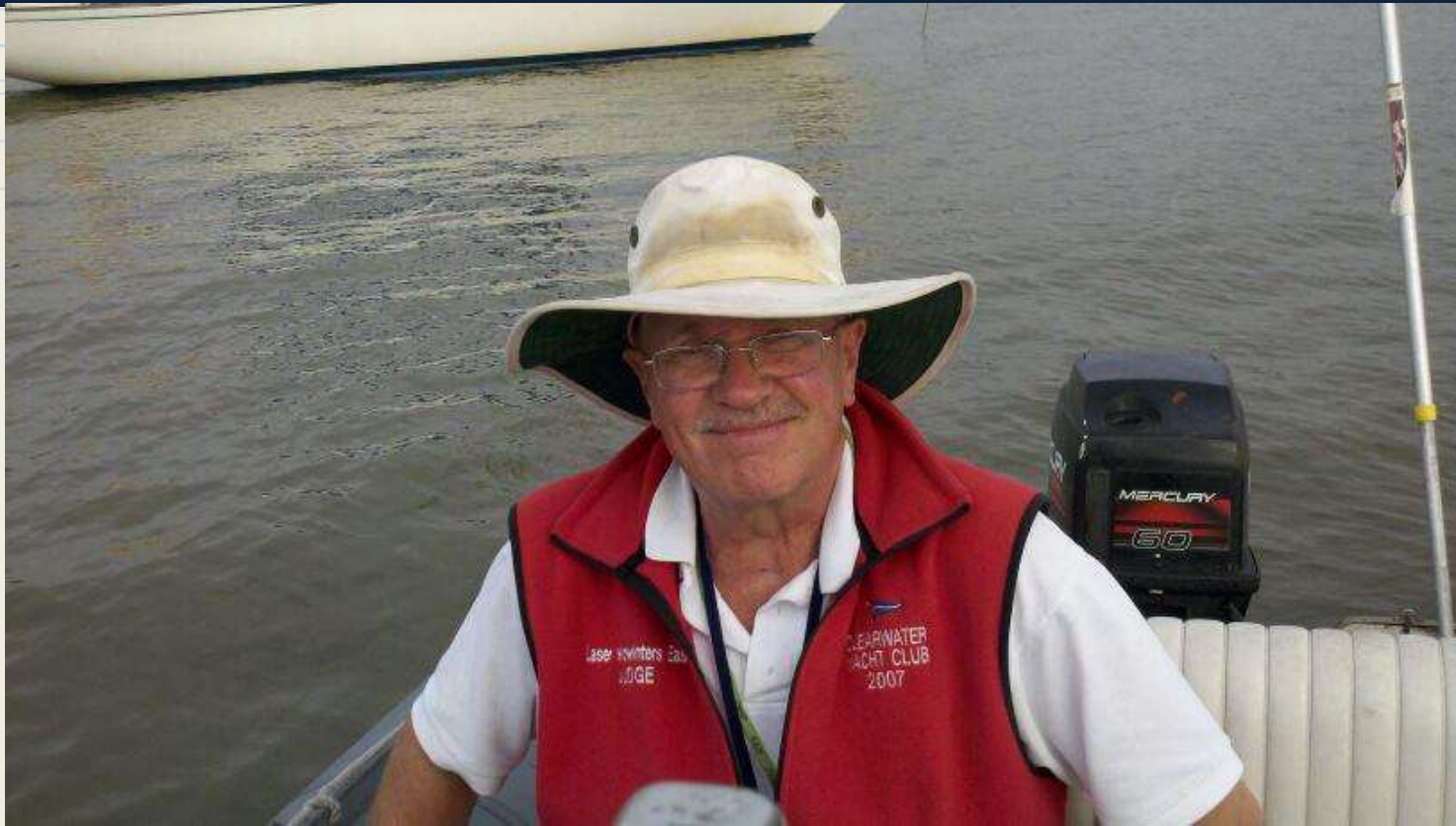
Blind Sailing International - [www.blindsailing.org/](http://www.blindsailing.org/)

Special Olympics - [www.sosc.org/sailing.html](http://www.sosc.org/sailing.html)

# Thank You!

- Bay Area Association for Disabled Sailing
- Judd Goldman Adaptive Sailing Foundation
- Freedom Waters Foundation
- US Sailing Committee for Sailors with Disabilities
- Presenter Panel
- Audience!

# In Memory of Hugh Elliot



# Your Opinion Matters

Please “**check-in**” to this session on the Sailing Leadership Forum app  
and complete the session survey

Or

Complete one of the yellow survey forms in the back of the room and drop in the box

*Thank you for attending this session*

